

JACK CANFIELD



# *Reignite* **YOUR DREAMS!**



**3-DAY  
RESET  
GUIDE**

**How to Reclaim Your Power,  
Recalibrate Your Mindset, &  
Fuel Your Vision for 2023**

FROM THE #1 BESTSELLING AUTHOR OF  
THE SUCCESS PRINCIPLES



## A QUICK OVERVIEW:

*“When you work the principles, the principles always work.”*

**REIGNITE YOUR DREAMS eBook is a 3-day “mental reset”** designed to help you reclaim power over your life, recalibrate your mindset to see new possibilities, and focus on positive outcomes that recharge your passion for achieving your goals and living your best life.

The following pages offer some powerful activities that will remind you of who you are and what you’re truly capable of accomplishing.

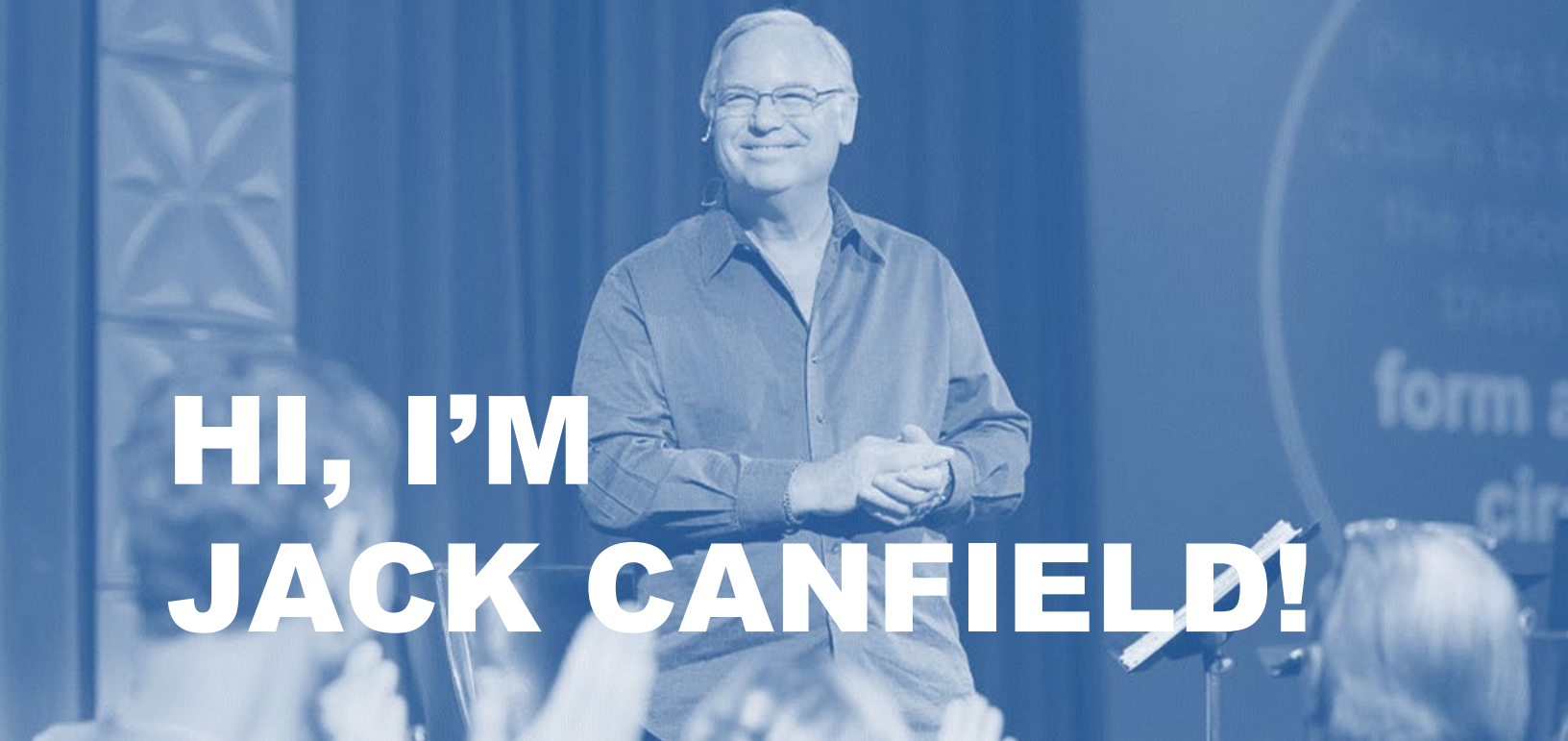
You’ll gain valuable insight into where you are right now in your life and what you need to focus on to bring more joy, fulfillment, abundance, and balance into your daily experience – no matter what is happening in the world around you. Plus, you’ll completely transform your perception of the world and awaken a profound sense of gratitude and connection to others – **how cool is that!**

Each daily lesson includes links to helpful videos that will expand your understanding and help put your learning into practice in the most impactful way possible!

**PLEASE NOTE:** The daily activities should only take about 45-60 minutes to complete and are fun and liberating!

Please schedule a time for yourself to complete these activities. The more you put into this work, the better your results will be.





# HI, I'M JACK CANFIELD!

**I'm honored to be your guide.**

You may know me as co-creator of the billion-dollar *Chicken Soup for the Soul™* brand or the author of the NY Times bestselling book, *The Success Principles*. Or perhaps you've seen me on Oprah's *Super Soul Sunday* show or in the groundbreaking movie, *The Secret*.

For over 40 years, I have devoted my life to teaching entrepreneurs, educators, corporate leaders, and people from all walks of life how to create lives of greater joy, meaning, and fulfillment and achieve their personal definition of success. Through my books, workshops, and online programs, I have empowered millions of people to live their highest vision and have trained and certified more than 3,900 students to teach my proven success methodology in 120 countries around the world.

The lessons and activities you'll discover in this guide are based on the proven success principles I teach in my popular online group training program, **Reignite Your Life 2023!** If you would like to learn more about these principles and get the ongoing coaching and support you need to use them to achieve your own ambitious goals and dreams, please visit:

[jackcanfield.com/club](http://jackcanfield.com/club) for more info.



DAY 1:

# RECLAIM YOUR POWER

Selva

Lunch Package

# Welcome to Day 1 of REIGNITE YOUR DREAMS!

Today's "Mental Reset" focus is on **reclaiming your power**.

Many people find it hard to make any real progress toward their goals because they have given up their power to someone or something else. How? By blaming that person or thing for their current circumstances instead of taking full responsibility – and full control – over their lives.

If they lose their jobs, they'll blame the economy.  
If they're unhappy, they'll blame their partner for breaking up with them.  
If they're overweight, they'll blame the "junk food" industry for targeting.  
If they have low self-esteem, they'll blame their parents.

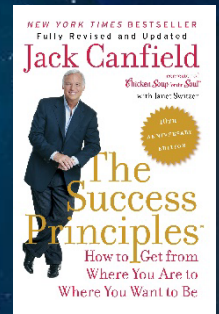
The problem is, when you think like this, you end up giving the person or thing you're blaming (the economy, your ex-, the food industry, your parents) HUGE power over you! You are letting them determine the outcomes you get in life and are acting as if you are powerless to do anything about it.

**But you're NOT powerless.** In fact, YOU are the only person who has any real power over your life and destiny! You might not be able to control the events that happen in your life, but you have absolute control over how you choose to respond to those events. And it's your **RESPONSE** to events that determine the outcomes you get in life.

**If I could teach you only one thing about life, it would be this:**

To succeed, you have to take 100% responsibility for your life.

# Success Principle #1: TAKE 100% RESPONSIBILITY FOR YOUR LIFE



When you stop blaming others and focus instead on taking full responsibility for your circumstances, you go from being a helpless victim to playing a more active, solution-focused role in your life. Instead of obsessing over the problems, you focus on solutions. Instead of asking, “How could this happen to me?” you ask, “What can I learn from this and how can I transform it into a positive?”

The thing is, you get to choose how you think about the world and how you respond to the events that happen in your life. That’s the good news!

Instead of blaming others for your problems, you can focus your energy on becoming a more knowledgeable and capable person who is able to solve those problems successfully. You can choose to ask for help or pursue opportunities to improve your skills and expertise so you can get better results in everything you do. You can seek out mentors who have already accomplished the goals that you want to accomplish and learn how they did it. You can choose to forgive the people who have done you wrong so they’re no longer “living rent-free” in your head and your mind is liberated to focus on more positive thoughts that empower you instead of imprisoning you.

But first, you must decide to do that! **Everything you do in life starts with a decision.** Even doing nothing is still a decision. The key to success is deciding to take action toward goals that will bring more joy and abundance into your life. And YOU are the only person who can do that.

Unfortunately, many of us are reluctant to take full responsibility for our lives. Because if you’re the one who’s responsible, that means if you fail, you only have yourself to blame – and that idea is really scary for some

people. They think that if they fail, *they themselves are failures*, which of course isn't true at all.

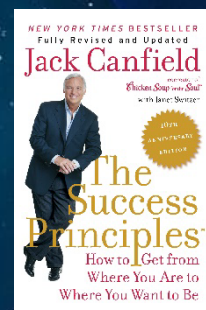
But as Henry Ford once said,

*"Whether you think you can or you think you can't – you're right."*

On a fundamental level, your thoughts create your reality. If you think you have the capacity to assume total control of your life, take on new challenges, learn from your mistakes, and persevere to get the results you want, you will! But if you believe that no matter how hard you try, you'll never succeed, guess what? Your fears will become a self-fulfilling prophecy.

That's why self-confidence is so important - and why the best action you can take to start reclaiming your power is to grow your self-esteem by remembering what you're truly capable of achieving.

## Success Principle #4: BELIEVE YOU CAN



In order to become the kind of person who is capable of taking full responsibility for your life and taking bold action toward your goals, first you have to believe that you ARE that kind of person. Because you are!

You have the capacity to accomplish any goal you can imagine. If you can visualize a goal for yourself, you have the inherent ability to make that dream a reality.

**All you need to do is act on it!**

“We all have unlimited possibility to become pretty much anything we want.”

— Jack Canfield



[\(Here's a video of me chatting with Oprah, explaining my thoughts on this\)](#)

Now, you might have to learn some new skills or knowledge to achieve that goal. You might have to gain some new experience. You might need to change the way you think about yourself and the world. *But the capacity lies within you.* The possibility is there within your reach. You just have to believe it – and that's where most people fail.

So, today's activities are designed to help you remember that YOU are an incredibly capable person who is able to achieve incredible things in life!

**When you remember who you really are,  
anything is possible.**



## ACTIVITY 1: My 100 Successes List

This first activity is simple but challenging. All you need to do is write down 100 successes you have accomplished in your life from the time you were a child until now.

These can be big achievements as well as small wins – such as graduating from high school, buying your first car, applying for and getting a job, falling in love, raising a child, learning how to cook your favorite dish, participating in a 5-km run, initiating a difficult conversation, healing a relationship, making a smart decision – and so on, whatever positive experiences you have achieved or created in your life.

No success is too small to be celebrated. Write them down and keep going until you reach 100 or have exhausted your ability to think of anything else.



**Get your journal or keyboard and make your 100 Successes List now.**

*Once you have completed your list, answer the following questions:*

- How does it make you feel to remember all of the many great things you have accomplished in your life?
- What accomplishments are you most proud of?
- What impact did those accomplishments have on your life?
- When you remember that you are the exact same person who achieved those accomplishments and still have all that capacity and potential within you, how does that make you feel?
- What will you do to keep that feeling alive inside you going forward?

Once you are done, keep your list of accomplishments where you can see it often as you continue to achieve positive wins in life.



## ACTIVITY 2:

# Transform “I Can’t” into “I Won’t”

Another simple way to take back your power is **eliminating the words “I can’t” from your vocabulary.**



[\(Here’s a video of me explaining this concept\)](#)

“I can’t,” is often a lie we tell ourselves or others. For the vast majority of things you say you “can’t do,” the truth is, you are choosing not to do them. Why? Because it simply hasn’t been a priority for you in your life.

**For example**, you might say that you can’t ski, but the truth is, you’ve never bothered to learn. If you took lessons and practiced, you would absolutely be able to ski. The same goes for learning a language, asking for a raise, starting a life-changing project, etc.

Take back ownership over your life by listing as many things you normally say you “can’t” do, and then transform those “can’t” statements into “WON’T” statements.

*Here are some examples:*

I can't speak in front of a large audience ► **I WON'T** speak in front of a large audience

I can't get out of debt ► **I WON'T** pay off my debt

I can't lose weight ► **I WON'T** lose weight

**NOW IT'S YOUR TURN:**

Write 5 "I can't" statements that you often find yourself saying.

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Now transform them into "I won't" statements.

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- How does it make you feel to transform "I can't" into "I won't?"
- What steps will you take to eliminate "I can't" from your vocabulary?"



## NEW DAILY PRACTICE:

# Mirror Exercise & Success Journaling

As part of the REIGNITE YOUR DREAMS 3-day mental reset, I encourage you to commit to starting a daily personal empowerment routine and sticking to it for the next 30 days.

It will have a huge impact on your life, I promise you!

Your first daily practice routine is “**The Mirror Exercise**,” one of my favorite self-confidence boosters. Just as you acknowledge your big successes, you need to acknowledge your small daily success, too.

The Mirror Exercise is based on the principle that we all need acknowledgment, but most important of all is the acknowledgment you give yourself. This activity gives your “inner child” – which resides in your subconscious mind – the positive reinforcement it needs to pursue further achievements. It also helps change any negative beliefs you have toward praise and accomplishment and puts you in an achieving frame of mind.



## How to do the Mirror Exercise:

Just before going to bed, stand in front of a mirror, and appreciate yourself for all that you have accomplished during the day.

Start with a few seconds of looking directly into the eyes of the person in the mirror—your mirror image looking back at you. Then address yourself by name and begin appreciating yourself out loud for the following things:

- Any achievements: business, financial, educational, personal, physical, spiritual, or emotional
- Any personal disciplines you kept: dietary, exercise, reading, meditation, prayer
- Any temptations that you did not give in to: eating dessert, lying, watching too much TV, staying up too late, drinking too much

Maintain eye contact with yourself throughout the exercise. When you're finished appreciating yourself, complete the exercise by continuing to look deep into your own eyes and saying, "I love you." Then stand there for another few seconds to really feel the impact of the experience – as if you were the one in the mirror who had just listened to all of this appreciation.

The important thing during this last part is to not just turn away from the mirror feeling embarrassed or thinking of yourself or the exercise as stupid or silly.

Then, to solidify your achieving frame of mind, I encourage you to spend a few minutes at the end of each day writing down all the things you are proud of accomplishing that day. The act of "success journaling" fixes your achievements more firmly in your conscious mind and helps you to see yourself as a capable person worthy of success.

If you do this exercise every evening for at least 30 days, I guarantee you will notice a big difference in how you perceive yourself and your ability to achieve big things in life!

- ✓ Mirror Exercise
- ✓ Success Journaling



### REIGNITE CHALLENGE: Let the World Know What You Can Do!

To dramatically amplify the effects of the work you did today, I challenge you to make it public!

Post your 100 Successes List on social media with the hashtag **#100Successes** to let the world know what successes you are proud of having achieved in your life.

Remember to tag me so my team and I can find, read, and LOVE ❤️ your post! *Here's an example:*

I just finished creating my 100 Successes list for the #ReigniteYourDreams 🔥 challenge with @jackcanfield. Here are 100 (or top X) things I'm proud of accomplishing in my life – what's on your list?

(You can join in on the fun at [jackcanfield.com/dreams](http://jackcanfield.com/dreams))

1. Enter
2. Your
3. List
4. Here

By sharing your list with others, you're sending out incredible energy that tells the world that you are someone who's capable of achieving wonderful things. And the universe will reflect that energy back at you!

# *That's it for today...*

Tomorrow we will go even deeper into your mindset and make it even easier for you to think positively about yourself and the universe around you.

It's going to be powerful, so be sure to get a good night's sleep.



*On a roll and can't sleep?*

**Keep going for Day 2 of Reignite Your Dreams!**

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**DAY 2**

# RECALIBRATE YOUR MINDSET

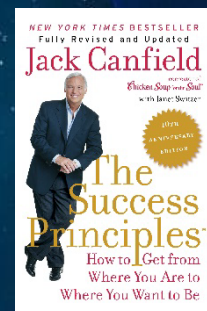


# Welcome to Day 2 of Reignite Your Dreams!

Yesterday you learned that your thoughts create your reality, and that the key to achieving your goals in life is believing that you CAN.

Today we're going to delve deeper into this idea by exploring a couple of **powerful mindset practices** that will completely transform the way you see and show up in the world. Let's start with a universal law of nature that you may have heard before: the Law of Attraction.

## Success Principle #6: USE THE LAW OF ATTRACTION



The Law of Attraction basically states that the energy you put out into the world determines the people, resources, and opportunities you attract in your life. When you are a positive, high-vibe individual, you attract positive, high-vibe people and opportunities. When you are a negative, low-vibe individual, you attract negative, low-vibe people and opportunities.

If you want to attract a higher caliber of people and opportunities into your life, the best way to do it is to **increase your own “energetic vibration.”**

## **So, how do you increase your energetic vibration?**

You start by understanding that your thoughts create your reality. How you perceive the world around you plays a huge role in the outcomes you achieve in life. If you believe people are terrible, you're going to meet a lot of terrible people in your life. If you believe the universe is "out to get you," it will seem like you run into a lot of obstacles and setbacks. If you believe that life is full of doom and gloom, all you'll see is darkness.

The good news is the opposite is true as well.

When you assume that most people are well-meaning, kind-hearted people, they almost always will be. When you believe the universe has your back and positive outcomes come easily to you, your life will be mostly smooth sailing. Even when you do run into obstacles, you'll be able to overcome them much faster because you'll find it easier to locate the people and resources you need to help you. And if you believe that life is joyful and full of love, your world will be filled with happiness and fulfillment!

That's why today's "mental reset" activities are designed to help you focus on the positive and increase your energetic vibration so that you are able to attract more of what you want into your life and less of what you don't want.





## ACTIVITY 1:

# Practice a Rampage of Gratitude

It's a universal truth that you get more of what you focus on.

So if you want to attract more things, people, and opportunities into your life that you will be grateful for, the way to do it is to consciously cultivate gratitude for the things you already have in your life.

If you take a moment to look around and consider your life, you will realize that you are surrounded by many things to be grateful for. The people in your life. The roof over your head. The clothes you're wearing. The food in your fridge. The money in your bank account. The strength of your body. Your health. The phone allows you to access so much information, communicate with others, and entertain yourself. The computer you use for work. The beautiful nature right outside your window. Your neighbors. The people who worked hard to chop down the wood that was used to make your furniture. The artist who created the painting hanging on your wall. The mechanics that made your car. Your local transit system that allows you to go back and forth to work each day. And so on, and so forth.



**Pull out your journal or keyboard and set a 10-minute timer.**

Then write down **every single thing** you can think of that you appreciate in your life. It doesn't matter how big or small it is – if it occurs to you, write it down.



The point is to awaken yourself to the fact that no matter what is happening in your life right now, you are surrounded by things to be grateful for.

Then, once the 10 minutes is up, answer the following questions:

1. How does it make you feel to think about all the many wonderful things you have to be grateful for?
2. What things are you most grateful for?
3. How do you feel when you consider the positive impact these things have on your life?
4. What will you do to keep that feeling alive inside you going forward?

Once you are done, I encourage you to re-read that list before you go to bed tonight and add any new items that might occur to you.

The stronger your sense of gratitude is, the more the universe will conspire to send you more people, opportunities, and things into your life that you will be grateful for!



## ACTIVITY 2:

# Transform Negative Beliefs into Powerful Positive Affirmations

Another powerful way to cultivate a positive mindset is to become more aware of your negative thoughts and strive to consciously transform them into positive thoughts instead.

Daily meditation is a powerful way to become more conscious of the endless stream of thoughts that flow through your mind. Even five minutes a day is helpful. As you become more mindful of your thoughts, pay attention to the negative ones that pop up in your head.

What limiting thoughts or beliefs do you hold about yourself or the world around you?

For example, you might often find yourself thinking things such as...

*Life sucks.*

*I'm so stupid.*

*Life never goes my way.*

*No matter how hard I try, I always fail.*

*Good artists never make money.*

*Nobody will ever truly love me.*

*I hate people.*

Write down any negative thoughts you may have noticed yourself thinking lately. Try to write down at least five or ten.

Then, once you're done, take each of those negative thoughts and transform it into a more positive, empowering one.

## For example:

*Life sucks.* ➡ ***Life is wonderful and full of love and beauty.***

*I'm so stupid.* ➡ ***I am intelligent and can easily learn the skills and knowledge I need to thrive.***

*Life never goes my way.* ➡ ***I am in control of my life and have the strength and perseverance to keep moving toward my goals.***

*No matter how hard I try, I always fail.* ➡ ***I learn from my mistakes, and I'm unstoppable as I work toward my goals.***

*Good artists never make money.* ➡ ***My art is valuable, and I deserve to be paid its full worth.***

*Nobody will ever love me.* ➡ ***I love myself and know that I am loveable and worthy of love.***

*I hate people.* ➡ ***Most people are inherently good and doing their best with the skills, knowledge, and resources they have available at the time.***

*Here's a video for you that goes deeper into this topic.*

➡ **[How to Deal with Negative Self-Talk](#)**



Once you have finished turning your negative thoughts into empowering beliefs, I encourage you to write out those empowering beliefs on a separate page and put them somewhere you can see them often.

Then, you could choose to symbolically rid yourself of those negative thoughts by putting them through the shredder or setting fire to them (safely, of course). It's very satisfying to watch them go up in smoke!

### **NOW IT'S YOUR TURN:**

Write 5 "I can't" statements that you often find yourself saying.

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Now transform them into "I won't" statements.

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## NEW DAILY PRACTICE: Gratitude and Affirmations

For your homework, I encourage you to add a **gratitude practice** and **affirmations** to the daily routine you started yesterday with the Mirror Exercise and Success Journaling and have committed to doing for the next 30 days.

- ☒ Mirror Exercise
- ☒ Success Journaling
- ☒ Gratitude and Affirmation practice

Every evening, as part of your pre-bedtime routine, I encourage you to spend a few minutes writing down everything you were grateful for that day. You could also choose to do this in the morning instead if you wish. By remembering all the good things that happened in your day, you will find it easier to remain in an upbeat state of joy and positivity.

I also recommend adding positive affirmations to your daily routine and repeat them every morning and evening to keep you focused on the kind of reality you want to create for yourself.

For example, you could use the positive empowering statements you wrote in the activity above. By repeating them to yourself every morning and evening you will find it easier to remember them and embody them in your thoughts and actions throughout the day. That's how you replace old habits that no longer serve you with empowering new behaviors that help you get better results in everything you do.



### REIGNITE CHALLENGE: Share Your Gratitude with the World!

Increase your vibration and positivity in the world: share some or all of your gratitude list with others, or on social media!

By showing the world what you're grateful for, you will encourage others to feel the same way and realize how wonderful their lives really are. This positive energy will come back to you in ways you cannot imagine.

Here's a sample post you can use:

...  
I just finished creating my Extreme Gratitude list for the  
**#ReigniteYourDreams** challenge 🔥 with @jackcanfield Here are some of  
the things I'm so incredibly grateful for in life – what's on your list?

(You can join in on the fun at [jackcanfield.com/dreams](http://jackcanfield.com/dreams))

1. Enter
2. Your
3. List
4. Here

By sharing your list with others, you're sending out energy that tells the world that you are someone who's capable of achieving wonderful things. And the universe will reflect that energy back at you!

(And please remember to tag me so my team and I can find, read, and LOVE ❤️ your post!)

## *That's it for today.*

Tomorrow we are going to focus on recharging your sense of purpose and passion – so you can channel your focus and motivation to pursue your goals even in the face of setbacks and obstacles.

*You're going to love it!*



**If you are vibrating with excitement and want to continue,  
keep going for Day 3 of Reignite Your Dreams!**



DAY 3

RECHARGE YOUR  
PURPOSE &  
**PASSION**

Lenny

# Welcome to Day 3 of Reigniting Your Dreams!

**Today's "mental reset" focus is recharging your purpose and passion.**

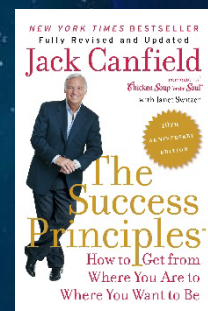
So, today I'd like to start by asking you a question:

*What drives people relentlessly forward on their path, even when the obstacles in front of them seem insurmountable?*

The answer is an unshakeable sense of PURPOSE.

That's why one of the most powerful success principles I teach people is "Be Clear Why You're Here."

## Success Principle #2: BE CLEAR WHY YOU'RE HERE



I believe that all of us were born with a unique life purpose – something we were put on this earth to do. You're living your life on purpose when you're doing work you love and are good at doing for a reason or cause that's important to you.

Identifying, acknowledging, and honoring this purpose is perhaps the most important action successful people take. They take the time to understand what makes them come alive – and then they pursue that with passion and enthusiasm.

## **What were you put on this earth to do?**

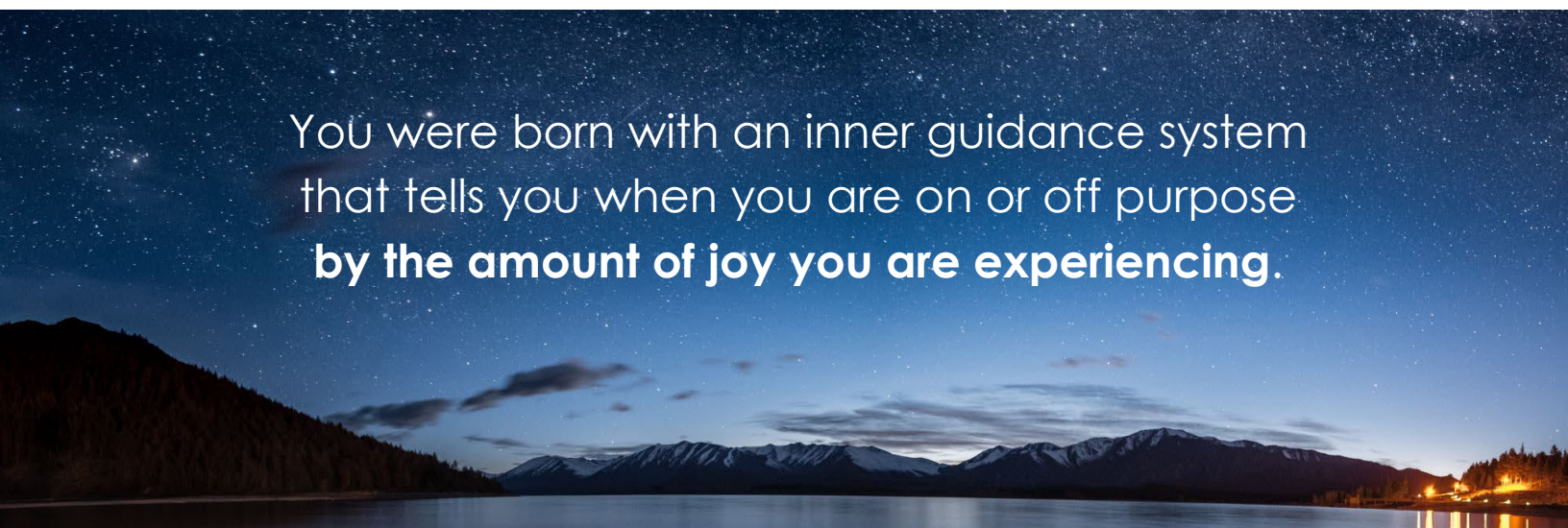
Without a purpose in life, it's easy to get sidetracked on your life's journey. It's easy to wander and drift, accomplishing little.

But with a purpose, everything in life seems to fall in place. To be “on purpose” means doing what you live to do, doing what you're good at, and accomplishing what's important to you.

When you are living on purpose, the people, resources, and opportunities you need will naturally gravitate toward you. It will get easier for you to get things done and find the support you need to achieve your desired results.

It will also be so much easier for you to stay focused and on track toward your goals. A strong sense of purpose keeps you motivated and increases your dedication and drive to keep going, even when times get tough.

That's why today's activities are geared toward helping you gain a clearer sense of your purpose for the next 12 months to help you live your purpose more fully daily.

A night landscape with a starry sky, mountains, and a body of water. The text is overlaid on the image.

You were born with an inner guidance system  
that tells you when you are on or off purpose  
**by the amount of joy you are experiencing.**



## ACTIVITY 1:

# What's Your Purpose?

The key to creating a life of deep joy, meaning, and abundance is to discover your purpose and use it like a compass to guide you in the direction of your passions and your dreams.

Your purpose gives you the motivation you need to keep going when times get tough. It answers the question, “Why the heck am I doing this again?”

When you're clear on your purpose, nothing can stop you from achieving your goals. Even when you run into roadblocks and obstacles, you will find the drive and willpower you need to overcome those challenges and get back on the path to your dreams.

It's important to know that your purpose changes and evolves and can even change from year to year. That's because as you change and gain more experience and perspective about your life, you will gain new insight into what your strongest gifts are and how you want to express them in the world.

That's why it's a good idea to revisit your purpose annually to see if it still “fits” or if it needs to be updated or evolved in any way.

So, how do you discover your purpose?

The following questions will help you find out!

1. **What are the 1-2 qualities you most enjoy expressing in the world?**

These could be qualities such as enthusiasm, happiness, creativity, understanding, faith, optimism, confidence, playfulness, wisdom, curiosity, intelligence, wisdom, kindness, or whatever qualities resonate most with you. For example, mine are **love** and **joy**.

Write down whichever two qualities most resonate with you.

2. **How do you most enjoy expressing these qualities in your life? Which actions or activities give you the best opportunity to express these qualities?**

For example, do you enjoy expressing those qualities by teaching others? Writing books? Creating art? Using your computer skills? Making music? Making people laugh? Healing people? Working in nature? Demonstrating excellence? For me, it's all about **inspiring** and **empowering** people.

What are the ways you most enjoy showing up in the world? Pick your top 1 or 2 choices and then write them down in your notebook.

3. **Next, take a few minutes to write a description of what the world would look like if it were operating perfectly according to you.**

For example, in my perfect world, **everybody is living their highest vision where they are doing, being, and having everything they want in life.**

What do you want your perfect world to look like in 2023? Write it down on paper.

4. **Finally, combine all three of those ideas into one statement:** the qualities you most enjoy expressing, the ways you most enjoy expressing them, and your vision of an ideal world. This statement will give you valuable clarity into your purpose!

For example, my life purpose is “Inspiring and empowering people to live their highest vision in a context of love and joy in harmony with the highest good of all concerned.” Do you see how I brought all three elements into this statement? This has been my life purpose for many years and it has motivated me to change the lives of millions of people through my books, workshops, and programs.

So how can YOU combine your three ideas into a powerful purpose statement? Here are some other examples to inspire you:

*“Using my writing skills to enlighten people and encourage them to recognize their shared humanity and work together to solve the big problems we face.”*

*“Uplifting humanity’s consciousness through sustainable business practices.”*

*“Empowering others to achieve their destiny through playfulness and humor.”*

*“Creating fun & innovative fitness programs that inspire people to become healthy, happy, and strong.”*

*“Liberating women and promoting equality by teaching girls around the world how to code.”*

## NOW IT'S YOUR TURN!

What does your life purpose look like?

I encourage you to play around with it and craft your ideas into a statement that will keep you motivated and inspired no matter what happens in the months ahead. Because when you're clear on your purpose, your goals will also become so much easier to identify. And they will be so much easier to achieve!

As you work on your purpose statement, remember to have patience with yourself. Figuring out your life purpose is probably the biggest and most important question you'll ever answer, so it might not crystallize right away.

Your understanding of what you really want to achieve and how you'll achieve it will evolve over time.

The important thing is to keep asking yourself this question and exploring the answers that come to you, so you're able to align your goals and actions with the things that matter most to you and work toward creating a life that truly fulfills you.

For some people, coming up with a clearly defined life purpose can be daunting. If you're struggling with this activity, it's helpful sometimes to chunk it down and consider what you want to achieve on a slightly smaller time scale.



## NEW DAILY PRACTICE: Recommit to your purpose every day

Once you have your purpose statement, write in the front of your journal or somewhere you can see it every day. Tape it to your fridge or the bathroom mirror or use it as your computer screen saver so it's always top of mind.

I also encourage you to add it to your daily morning and evening routine, repeating out loud to yourself every evening before you go to bed and every morning when you wake up.

- ✓ Mirror Exercise
- ✓ Success Journaling
- ✓ Gratitude and Affirmation practice
- ✓ Recommit to your Purpose

By keeping your purpose top of mind, you will find it so much easier to align your goals and actions with the person you want to be, the way you want to show up in the world, and the world you want to help create!





## REIGNITE CHALLENGE: Share Your Purpose with the World!

A great way to amplify the impact of your purpose is to share it with others. When you tell people, “this is the impact I want to have in the world,” the universe will conspire to help you make it happen!

Here’s a sample post you can use (as always, please remember to tag me so I can read your post):

...  
I just finished identifying my Life Purpose for the #ReigniteYourDreams 🔥 challenge with @jackcanfield. Here’s the kind of impact I want to have on the world:

[Write your purpose here]

What kind of impact do you want to have on the world?

(You can join in on the fun at [jackcanfield.com/dreams](http://jackcanfield.com/dreams))

When you share your purpose with others, you also strengthen your desire and motivation to show up in the world as the person you want to be. This makes it so much easier for you to become the kind of person who is capable of achieving your most ambitious goals in life!